

## VEGETARIAN FARE.

A WOMAN WHO EATS NO MEAT AND LIVES ON \$1.30 A WEEK.

Mrs. Le Favre, of New York, Tells About Her Diet of Nuts, Grains and Fruits. It is Really Very Attractive—Something About Those Who Eat Meat.

Why is it there are only about 200 vegetarians in New York city, less than the number in either Boston or Chicago? In the latter city visits to the sanguinary meat packing establishments have driven people to a nonmeat diet, and there is a large and increasing class that forages upon the fruits, nuts and leaves of the earth.

These facts were communicated to me the other day by Mrs. Le Favre, the leader of New York's vegetarianism. She has not eaten meat for four years. A diet of nuts, fruits and seeds she claims is more wholesome and much cheaper than one composed of flesh. Her thirty day experiment of living on her favorite foods at the lowest possible cost was recently told of. She brought her table board down to \$1.30 a week. She claims that with this she committed many gastronomic extravagances and that the price can be still further pared down.

Mrs. Le Favre goes a little further than most vegetarians in discarding roots and leaves altogether. The humble potato, the succulent lettuce and the barely cabbage are not to be found upon her bill of fare, nor will she partake of radishes, turnips, carrots or the many items usually so well relished that come under the head of roots or leaves.

She thinks that they are a very poor class of nourishment and intended only for horses and pigs, though under a vegetarian dispensation what the pigs are intended for it would be difficult to say. Some of the proprietors of vegetarian sanitariums who find potatoes somewhat cheap and excessively filling for their patients take issue with her on these points.

I don't think that Mrs. Le Favre is a very hearty eater, as eaters go, but she is very well nourished and does a vast amount of work for the fuel she consumes. I doubt if any meat eater of my acquaintance can do more labor of brain or muscle than she.

For her breakfast she eats cereal food, granula, wheatena, rice or corn. One of these things she takes a tablespoonful and a half, costing perhaps one cent and cooks it. Then she has a cup of coffee, costing about one cent more, and a slice or two of whole grained bread at less than a penny a slice, and concludes the repast with an orange or banana. The quantities given are not large, but they can be increased to suit the appetite, and the heartiest eater, she thinks, couldn't very well make away with more than ten cents' worth.

The luncheon consists of a plate of lentil soup, a most nourishing dish, involving an outlay of about half a cent. This is followed by a vegetable of some sort well cooked, a few olives or nuts, two slices of bread, some fruit, canned cherries or something like that or pudding. The check for this meal would be seven or eight cents.

Supper is made up of whole grained or oatmeal bread, preserves, bananas or oranges and a little chocolate.

Once this antimeat advocate saw a porter in the east carrying a large piano down the street on his shoulders. She became interested at once and wanted to find out what food would produce such enormous strength. She inquired and found that he lived chiefly on green cucumbers and garlic, and never devoured flesh at any time. Two-thirds of the people in the world—three-fourths some people assert—never eat meat and wouldn't know how to.

In Boston there are vegetarians of the second generation—that is, their parents have eaten no flesh for some years before they were born and they themselves have not broken their fast upon roasts and puddings. To these people the sight of a butcher's shop or a wagon load of dressed pigs is exceedingly repulsive.

There is no vegetarian restaurant in the United States, and the nonmeat eaters wait to start one in New York. London has at least forty places where one can dine upon the vegetable fat of the land without tasting flesh. The number and variety of dishes that are served in these places would startle the unsophisticated and shock a butcher.

Vegetarians everywhere realize that the best way to preach their doctrine is to induce people to eat one of their meals. Bachelors and spinsters bent on dietary reform and ignorant of cooking, or perhaps not having a kitchen at their disposal, find it hard to board at a restaurant and not live on meat. They can live on apples, perhaps—Mrs. Le Favre did once for two weeks and grew stout and healthy—but many of them might not care to.

All the fighting of the world is done by meat eaters," said Mrs. Le Favre. "Flesh engenders a fierce restlessness which finds vent in war. Vegetarians, while they will work unceasingly, are not fighters, but they win their point by gentleness and persuasion."

There is a constant craving for stimulant in a meat eater. Children fed on flesh swallow slate pencils and ashes. It is because their system calls out for the carbonates and lime of vegetables. Vegetarian children never eat their slate pencils.

A square mile of land will sustain six times as many vegetarians as meat eaters. Think of the waste there is here! Meat is the most extravagant food we can use. The overcrowding of the earth will compel the universal adoption of vegetarianism.

The roots and leaves I consider food for the lower animals. The pig grub in the ground for his potatoes, but I don't. I pluck the rich, ripe grain, the nuts and the apple. I consider the apple the finest food there is. An electrician can arrange apples in a row and obtain a current of electricity from them. I think we should eat only the very best form of nourishment, and I consider that the nuts and fruits answer this requirement."—New York Herald.

## CHARLEY'S PRECIOUS HAIR.

Heartless Deception of a Trusting Maid by a Bald Young Man.

He had the air of a man of the world. His dress was becoming and not too showy. He seemed to be an individual who had dined well, who would tell good stories at the club.

Stretched out in the barber's chair in the hairdresser's room on School street, instead of settling down with that indifferent, self satisfied air that usually comes over a man in that situation, he seemed troubled. He looked about from chair to chair, and yet he was not happy. The barber shaved him and was so impressed that he even forgot to talk him to death. Then the man sat bolt upright in the chair and took an envelope from his pocket. It was scented; the barber could tell that. It was written in a lady's hand too.

The strange man opened it, took out a note, read it over and over again, then from its folds withdrew a lock of hair. It was golden, and the victims who were waiting for their turn in the chair saw him kiss the sunny lock and put it back in the envelope.

"Hair cut?" asked the barber, as he rubbed the tuft of hair which surrounded a bald spot on the strange man's head.

"No, no, not for the world," he replied, "I cannot spare any."

"Man in next chair has hair like yours, only a little more of it," suggested the barber.

"By Jove, he has," said the troubled man, and he darted out of his seat and almost jumped to the occupant of the next chair.

"Going to have a hair cut?" asked the strange man.

"No," was the rather curt reply.

"Well, will you have a hair cut at my expense?" said the man without hesitation. "I must send my best girl a lock of hair, and I can't spare mine. Come, how much is it worth?" and the eyes of the colored boy who brushes coats bulged out beyond his forehead.

"Sell it for a small bottle!" replied the man with a good growth on his head, and the stranger answered, "I'll go you."

The barber began his work, and a lock of the man's hair was handed over to the stranger, who put it in a little silver locket that bore a monogram. Then, when the work was finished the two walked out together.

The stranger was smiling contentedly, the clubman grimed, the barber laughed and the customers gazed on in astonishment.

"Wasn't Charley a dear, good fellow to keep his promise and send me a lock of his hair?" said the pretty girl that night as she took the daintiest sort of a lock from the little box. And all was still but for the beating of her faithful heart.—Boston Herald.

## Feelings of a Monkey.

A native of India was sitting in his garden when a loud chattering announced the arrival of a large party of monkeys, which forthwith proceeded to make a meal off his fruits. Fearing the loss of his entire crop, he fetched his fowling piece, and to frighten them away, fired it off, as he thought, over the heads of the chattering crew. They all fled away, but he noticed, left behind upon a bough, what looked like one fallen asleep, with its head resting upon its arms.

As it did not move, he sent a servant up the tree, who found that it was dead, having been shot through the heart. He had it fetched down and buried beneath the tree, and on the morrow he saw sitting upon the little mound the mate of the dead monkey. It remained there for several days bewailing its loss.—Robert Morley in Nature Notes.

## The Romans Did Not Use Soap.

The Romans did not use soap, but they employed an alkali, with which the greasy dirt was dissolved out of their clothes. This alkali, called nitrum, is referred to by Pliny, but the cheapest solvent was urine, which was mostly used. The clothes were put in this, mixed with water and then stamped upon with the feet. This process was performed by old people, while boys lifted the clothes out of the tub. The white garments, after being washed, were subjected to the vapor of sulphur, being stretched on a frame and the sulphur burned beneath. Poor people in Rome cleansed their bodies with meal of lupins, called lomentum, which, with common meal, is still used in some places for that purpose.—Knowledge.

## Early Printing and Illustrating.

The first printing press in the United States began its civilizing work at Cambridge, Mass., in Harvard university in 1639. The first American made illustration, it is still believed, is in Tully's Almanac, of Boston, in 1698. The first American copper plate portrait published in this country was in Increase Mather's "Ichabod," published in 1708. The first three engravers were Paul Revere, Benjamin Franklin and Isaiah Thomas, who distinguished himself at the battle of Lexington.—New York Sun.

## Why Some Babies Cry.

A great many babies cry out of pure cussedness. They have no reason whatever. I have seen them stop playing to begin to howl, refusing both food and drink. Often a child will wake up, begin crying, and fall off to sleep again. Babies show individuality, and cry just as adults grumble, scold, lecture, bang things about and swear. There may or may not be cause for the outburst, but there is a certain amount of relief which has a physiological if not a moral value.—Cor. Baby.

## Irish and Germans Eat Potatoes.

Ireland leads the world with a potato eating capacity of 1,320 pounds for each man, woman and child, while Americans eat but 150 pounds per head annually. The Germans are great eaters of the vegetable, their consumption being over 1,000 pounds per head each year.—Good Housekeeping.

## Speaking of Clothes.

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